

WHAT IS CLAIMED IS:

1. An agent for preventing, improving or treating hypertension, comprising the following components (A) and

5 (B):

(A) a compound selected from the group consisting of caffeic acid, chlorogenic acid and ferulic acid, and esters and pharmaceutically acceptable salts thereof; and

(B) a component selected from the group consisting
10 of central nervous system stimulating components, food fibers, extracts of perennial evergreen leaves of the genus *Camellia*, *Theaceae*, or *Eucommia ulmoides* Oliver, *Eucommiae*, organic acids having a molecular weight of 60 to 300 and pharmaceutically acceptable salts thereof, and
15 sugar alcohols.

2. The agent according to Claim 1 for preventing, improving or treating hypertension, wherein the component (B) is selected from the group consisting of heat
20 components of ginger, red pepper and pepper.

3. The agent according to Claim 1 for preventing, improving or treating hypertension, wherein the component (B) is selected from the group consisting of fermented
25 products of grains, fruit juices and extracts thereof.

4. A food comprising the agent according to any one

of Claims 1 to 3 for preventing, improving or treating hypertension.

5 5. The food according to Claim 4, wherein the food
is a drink.

6. A method of treating hypertension, which comprises administering effective amounts of the following components (A) and (B):

10 (A) a compound selected from the group consisting of
caffeic acid, chlorogenic acid and ferulic acid, and
esters and pharmaceutically acceptable salts thereof; and

 (B) a component selected from the group consisting
of central nervous system stimulating components, food
15 fibers, extracts of perennial evergreen leaves of the
genus *Camellia*, *Theaceae*, or *Eucommia ulmoides* Oliver,
Eucommiae, organic acids having a molecular weight of 60
to 300 (excluding citric acid) and pharmaceutically
acceptable salts thereof, and sugar alcohols.